

STOP ABUSING YOUR ANTIBIOTIC



Antibiotics are the most important tool we have to combat life-threatening bacterial diseases. Yet, due to over-prescribing, inappropriate prescribing and poor patient compliance, the ineffectiveness of antibiotics is increasing.



FACT: Antibiotics were prescribed in 68 percent of acute respiratory tract visits to the doctor's office. Of those prescriptions, 80 percent were unnecessary, according to the Centers for Disease Control guidelines.

FACT: Parents looking for a quick cure pressure doctors to prescribe antibiotics even when they are not effective for their child's illness.

FACT: Antibiotics work on specific bacterial infections. They do not prevent or cure viral infections like the common cold.

WHAT'S THE BIG DEAL?

When antibiotics are taken often, the body begins to develop a tolerance to the drugs. Repeated and improper uses of antibiotics are primary causes of the increase in drug-resistant bacteria. That means in the future, there could be no antibiotics effective enough to help us when we need them.

WHAT CAN YOU DO?

- Only take an antibiotic for a bacterial infection, like strep throat.
- Don't request an antibiotic if your doctor doesn't think one is necessary.
- If prescribed an antibiotic, take it as prescribed and finish out the full treatment, even if you are starting to feel better.
- Only take antibiotics that have been prescribed to you.
- Don't share or use leftover antibiotics.



GET THE FACTS

Learn more when you call Nurse24.SM Speak to an experienced nurse who will answer your questions about medications, their side effects and interactions – plus thousands of other health issues. Nurse24 is FREE, confidential and available for you and your family 24 hours a day, 7 days a week.

Have a question? Get it answered:

Call 1-866-674-9103 to speak with a nurse.

Or, chat with a nurse online at

<https://delawell.alerehealth.com>.